

# Making the Move: How to Stay Organized and Reduce Stress

## Coordinating the move, the home, and everything in between

### WHY THIS STEP FEELS CHAOTIC

The move is where everything comes together:

- The timeline
- The home
- The logistics
- The emotions

Without a plan, this is where most families feel overwhelmed.



**Break the move into phases  
—not one big event**

**Most stress comes from  
trying to do all three at once.**

### What's Inside

- How to break the move into **three phases**
- **What to say and do** at every emotional stage before, during, and after the moving.
- **What's normal** after the move — and what's a warning sign
- The complete **essentials checklists** for the new community
- A room-by-room **downsizing guide**
- **Two moving checklists** based on timeline

### 3 Simple Phases:

#### 1. Plan the Move

- Timeline
- Who is helping
- What happens first

#### 2. Prepare & Pack

- Downsizing decisions
- Organizing belongings
- Getting essentials ready

#### 3. Execute the Move

- Moving day logistics
- Transition to the new space
- Handling the home

### CHOOSING YOUR TIMELINE

#### Fast Move (30 Days or Less)

Best when:

- Urgent situation
- Health or safety concern

👉 Focus:

- Essentials only
- Quick decisions
- Move first, organize later

#### Planned Move (6–8 Weeks)

Best when:

- Time allows
- More coordination needed

👉 Focus:

- Structured downsizing
- Preparing the home
- Smoother transition

## Not every move happens the same way

- Use these guides as tools
- Use in total or in part
- Mix and Match to serve your purpose

## COMMON MISTAKES TO AVOID

- Trying to move everything at once
- Waiting too long to start packing
- Not prioritizing essentials
- Overcomplicating decisions
- Not having proper paperwork/authority



“Even a few hours of progress can make a big difference”

## Simple and Focused beats perfect every time

## WHAT TO FOCUS ON FIRST

If you're not sure where to start:

1. Confirm move date
2. Identify essentials for the new space
3. Begin packing non-essential items
4. Use your checklists to stay organized



**Progress—even small progress—reduces stress quickly.**

**The goal IS NOT a perfect move.**

**THE GOAL IS A SAFE, SMOOTH TRANSITION.**

**Everything else can be handled after.**



**Call or text me anytime:**  
**281.845.1260 or**  
**dan@movemomtx.com**



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# Tools to Move you Forward

## This is one part of The Senior Move Roadmap

A 7 Step System to help families move a parent out of the home and into the right next stage—without delays, confusion, or costly mistakes.

**THE SENIOR MOVE ROADMAP™**  
A 7 Step System to help families move a parent out of the home and into the right next stage—without delays, confusion, or costly mistakes.

**Step 1: Is It Time?**

- Signs it's time
- What happens if you wait
- First steps

**Step 2: Have the Conversation**

- How to approach
- Common Objections
- Handling Sibling Disputes
- Follow Up
- Ideas to move forward

**Step 3: Make the Plan**

- Create a Timeline
- Move-first vs Sell-first
- Emotional Support
- Coordination
- Finding Support

**Step 4: Understand the Costs**

- Types of facilities
- Costs associated with each
- How it's paid for
- Next Steps

**Step 5: Choose the Right Place**

- Comparison tool
- Questions to ask

**Making the Move is one step in a larger plan to help families move a parent safely and smoothly. It's normal to go back and forth between the steps.**

**Decide – Recognize it's time to act**

**Plan – Create a timeline and approach**

**Choose Care – Find the right living option**

**Understand Costs – Know how it will be funded**

**Prepare the Home – Downsize and get organized**

**Move – Coordinate the transition**

This guide will help you take the next step—  
Making the Move without feeling overwhelmed



**Is it Time?**



**Have the Conversation**



**Make the Plan**



**Understand the Costs**



**Choose the Right Place**



**Prepare the Home**



**Make the Move**

If you're in Houston and trying to:

- align the move with your timeline
- figure out what to do with the home
- or just make sure you're making the right next step

I'm happy to help you map out a simple plan so everything works together smoothly. 3

**Call or Text 281.845.1260**

**dan@movemomtx.com**



# How to Use This Guide

## **This guide does two things most moving guides don't.**

First, it acknowledges that this isn't a normal move. Your parent isn't changing apartments. They are leaving a home that may have held decades of their life — and yours. The emotions that come with that deserve real attention before a single box is packed.

Second, it gives you a practical path through the logistics — broken into three phases so you're never trying to do everything at once.

## **Here's what's inside:**

### **The Emotional Side** - Pages 5 - 9

What your parent will feel:

- Before the move,
- On moving day,
- In the weeks that follow.
- What's normal. What's a warning sign.
- What to say when you don't know what to say.

### **The Three Phases** - Pages 10 -14

A phase-by-phase breakdown of how to plan, prepare, and execute the move — including what happens to the house.

### **Your Tools** - Pages 16+ *(This may be in a separate packet)*

The checklists, timelines, and inventories that go with each phase.

Use what fits your situation. Skip what doesn't.

### **Is your timeline 30 days or less?**

You may be in a crisis or urgent situation. A companion guide — *The Crisis Path: When You Can't Follow the Steps in Order* — is built specifically for that scenario and available at [SeniorMoveRoadmap.com](http://SeniorMoveRoadmap.com). The tools in the Houston Edition are specific. In this guide Start with the 30-Day Checklist and the Senior Living Essentials List, then come back to the rest when you have a moment to breathe.

**The Goal is not a Perfect Move.  
The Goal is a SAFE, SMOOTH  
transition  
— for your parent and for you**

# Supporting Your Parent

## Supporting Your Parent Through the Move and Transition

Before the first box is packed, it's worth understanding what the weeks ahead will feel like — because this is not a normal move, and it won't feel like one.

Most families expect moving day to be the hardest part. What catches them off guard is what comes after. The settling-in period — the first four to eight weeks in the new community — is often the most emotionally intense stretch of the entire transition. Knowing that now means you won't be blindsided by it later.

Your parent is navigating something profound. Even when the decision was right, leaving a home that held decades of their life brings grief, anxiety, disorientation, and sometimes relief — often all at once. Those emotions don't follow a schedule and they don't always make sense. That's normal.

And so is what you may be feeling. This is your loss too — the home where you grew up, a version of your parent you've known your whole life, a chapter of the family story that is closing. Grief doesn't make you less capable of helping. It makes you human.

### The next four pages walk you through each stage:

Before the Move: what your parent feels as moving day approaches, and what helps

On Moving Day: How to keep the day calm when emotions run high

Settling In: what the adjustment period looks like and how to support it

What's Normal/When to Be Concerned — signs that the adjustment is going well, and signs it may be time to call for help



Each page offers insight into what your parent may be feeling, why those emotions are so strong, and specific things you can say and do to provide comfort and stability.

Nothing in these pages replaces medical advice. Every senior's situation is different, and the guidance here is meant to support you — not substitute for the professionals who know your parent's health history. **When in doubt, call the doctor.**

# To Start the Move

## Emotions Before the Move

Your parent may feel surprisingly emotional as moving day approaches, even if they've accepted the decision. Common feelings include:

- Deep sadness and grief about leaving their longtime home
- Anxiety and fear about the unknown
- Overwhelm from the chaos of packing and saying goodbye
- Guilt about “disrupting” the family or burdening their children

You may be grieving too. This home holds your memories as well — the kitchen where your parent cooked for you, the backyard where your kids played, the room that was always yours when you came home for the holidays. It's okay to feel this loss alongside your parent. That grief doesn't make you less capable of supporting them. It makes you human.

## Why these emotions are so strong

After decades of living in the same home, the move represents a major life ending. Even when they know it's the right choice for their safety and well-being, saying goodbye to familiar surroundings, routines, and memories can feel like losing a part of themselves.

## Helpful Things You Can Say\*

- “It's completely okay to feel sad. This is a big change, and grieving is normal.”
- “You've made so many beautiful memories here. No one expects you to feel excited right now.”
- “I'm going to miss this house too, but I'm so grateful we're doing this together.”
- “We're not erasing the past — we're carrying the best parts of it with us.”

## What You Can Do

- Acknowledge their feelings without trying to “fix” them
- Schedule quiet time for goodbyes (last walk through the house, final photos, etc.)
- Keep communication open and check in on how they're really feeling
- Reassure them frequently that you're in this together

\*These prompts show the thought — not the exact words.  
Read them to understand what your parent needs to hear, then say it in your own voice.

# During the Move

## Handling Emotions During the Move

Moving day itself can be physically exhausting and emotionally overwhelming. Your parent may swing between sadness, irritability, numbness, or even moments of panic.

## Why these emotions surface

The combination of physical disruption, loss of control, and the finality of leaving home can trigger strong emotional responses. What looks like “resistance” is often just grief and anxiety showing up under stress.

## Helpful Things You Can Say\*

- “This day is a lot — it’s okay if you’re feeling overwhelmed. I’m right here with you.”
- “You don’t have to have it all together today. We’ll get through this one step at a time.”
- “It’s normal to feel sad today. You’ve lived here for so long — this is a big goodbye.”
- “I love you, and I’m so proud of how strong you’re being through all of this.”

## What You Can Do

- Keep the day as calm and structured as possible
- Give them small choices to maintain some sense of control (e.g., “Which box should we load first?”)
- Take breaks when emotions run high
- Have a support person available whose only job is to stay with your parent. Such as a Senior Move Manager. Find one at [nasmm.org](http://nasmm.org).
- Avoid rushing them — allow time to process

\*These prompts show the thought — not the exact words.  
Read them to understand what your parent needs to hear, then say it in your own voice.

# Helping Them to Settle In

## Settling Into Their New Home

The first few weeks after the move are often harder than moving day itself. Many seniors experience a period of adjustment that can include homesickness, confusion, and emotional ups and downs.

### What to Expect

- The first 1–2 weeks may feel disorienting as they adjust to new routines and surroundings
- They might sleep poorly, have less appetite, or withdraw socially at first
- It's common for them to idealize their old home and focus on what's "different" or "missing"
- Most people start feeling more settled between 4 to 8 weeks, though it can take longer

### Helpful Things You Can Say\*

- "It's normal to miss your old house right now. It doesn't mean we made the wrong choice."
- "Give yourself time. New places don't feel like home overnight — but they can grow to feel that way."
- "I know this is a big adjustment. I'm here whenever you want to talk about how you're feeling."
- "Look how far you've already come. You're doing better than you think."

### What You Can Do

- Visit frequently during the first few weeks (even short visits help)
- Bring familiar items from home and help them personalize their new space
- Encourage them to join one or two low-pressure activities when they're ready
- Keep routines as consistent as possible (mealtimes, bedtime, phone calls)
- Communicate regularly with the community staff about how your parent is adjusting
- **Be patient — healing and settling in take time**

\*These prompts show the thought — not the exact words.

Read them to understand what your parent needs to hear, then say it in your own voice.

# Helping Them to Settle In (Cont.)

## What's Normal — and When to Be Concerned

### What's Normal:

- Mild sleep disruption in the first one to two weeks.
- Reduced appetite in the first few days.
- Homesickness and idealizing the previous home.
- Irritability or emotional swings, especially early on.
- Grief that surfaces unexpectedly.

**Most residents find a rhythm between four and eight weeks — engagement in activities is usually the first positive sign.**

**Secondary Losses:** The weeks after the move often bring secondary losses that catch families off guard — the loss of driving, the loss of cooking one's own meals, the loss of a neighborhood routine, the loss of a role that gave the day purpose.

*These losses compound. It's not just the house they're grieving.*

### When to Involve a Professional:

- Significant unintentional weight loss over two to three weeks.
- Refusal to eat or drink for more than 24 to 48 hours.
- Acute or rapidly worsening confusion.
- Repeated falls.
- Complete social withdrawal that does not improve after four to six weeks.
- Any expression of wishing to harm oneself.

If you observe any of these, contact the primary care physician and notify the community's Director of Resident Services or social worker.

**A Note on Memory Care:** For residents with cognitive impairment, the adjustment period may look different. Increased agitation, nighttime confusion, or behavioral changes in the first several weeks are not uncommon.

Work closely with the memory care team rather than drawing on general adjustment timelines — their guidance is specific to your parent's situation.

**Who to Contact at the Community:** Ask on move-in day for the name and direct contact of the Director of Resident Services, Social Worker, or Wellness Director.

This is the person to call — not the front desk — when you have concerns about your parent's adjustment.

**Give yourself grace too. The weeks after the move can be hard on the whole family.**

**The guilt, the second-guessing, and the grief don't disappear once the boxes are unpacked. What you did took courage. Keep showing up."**

# Plan the Move

## Get the right people, the right timeline, and the right starting point

The most common mistake families make at this stage is trying to figure everything out at once. The planning phase has one job: decide what needs to happen, who is handling it, and what comes first. Everything else follows from that.

### Your Timeline

Two timelines exist for a reason — because not every move happens the same way.

If you have six to eight weeks, use the 8-Week Moving Timeline in your toolkit. It breaks the planning into weekly tasks so nothing piles up at the end.

If you have 30 days or less, use the 30-Day Checklist. It strips the process down to what matters most when time is short.

Both are in your toolkit starting on page 14. Pick the one that matches your reality.

### Who Is Helping

Write it down before moving day. Vague agreements become dropped balls under pressure. For each role, name a person:

- Who is coordinating the overall move
- Who is responsible for packing
- Who stays with your parent on moving day — this person's only job is your parent, not boxes
- Who is handling the home after the move

*If your family needs professional support, a Senior Move Manager can coordinate some or all of this. They specialize in senior transitions specifically. Find one at [nasmm.org](http://nasmm.org).*

### What Happens First

Three things before anything else:

1. Confirm the move-in date and room assignment with the community's admissions coordinator
2. Get the room dimensions — know what fits before anything is packed or purchased
3. Gather the legal documents — Financial Power of Attorney, Healthcare Proxy, advance directive. The community will need them. Don't let moving day be the first time you look for them.

**Not sure which timeline fits your situation? If a health event, hospitalization, or safety concern is driving this move, download The Crisis Path at [SeniorMoveRoadmap.com](http://SeniorMoveRoadmap.com) before building your plan.**

# Prepare and Pack

## Decisions first, boxes second

The packing phase feels overwhelming because it asks families to make dozens of small decisions under emotional pressure. The way through it is to separate the decisions from the doing. Decide what's going, what's staying, and what's going elsewhere — then pack.

**The Downsizing Checklist by Room and the Senior Living Essentials List are both in your toolkit starting on page 14. Use them together — one for what leaves the house, one for what arrives at the community.**

## Downsizing Decisions

This is the hardest part of the entire phase — not physically, but emotionally. Your parent is not just sorting belongings. They are making peace with what they can take into the next chapter and what gets left behind. Give this process the time and dignity it deserves.

A few things that help:

- Start with the easy rooms, not the sentimental ones. Build momentum before tackling the bedroom or the living room full of family photos.
- Use the Downsizing Checklist by Room in your toolkit. It takes the decision-making off your shoulders by giving you a clear keep vs. donate/discard framework for every room in the house.
- Don't rush your parent through a room they need more time in. A slower downsizing process almost always produces better decisions — and less regret.

## Organizing Belongings

Once decisions are made, three categories:

- Going to the community — use the Senior Living Essentials List on page 15 of your toolkit to make sure nothing critical is missed
- Staying in the family — assign specific family members to specific items now, before moving day creates conflict
- Leaving the home — donate, sell, or arrange for estate sale or junk removal services

*Get the room dimensions from the community before moving day. Furniture that doesn't fit creates chaos on arrival.*

## Getting Essentials Ready

Pack a first-night bag that travels with your parent — not on the moving truck. It should include:

- All current medications, clearly labeled
- Toiletries and a change of clothes
- A comfort item from home — a familiar blanket, a framed photo, something that makes the new room feel like theirs from the first night

*The community's admissions coordinator can tell you what will already be in the room on arrival. Ask before you pack.*

# Execute the Move

## Moving day, the transition, and what comes next

Everything in the first two phases was preparation for this one. The planning is done. The decisions are made. Now the job is to execute the move in a way that keeps your parent safe, calm, and supported — and to handle what comes after with equal care.

**For move day emotions — what your parent may feel and what to say — return to pages 6 through 9. The logistics and the emotional side of this day work best when you've prepared for both**

### Moving Day Logistics

A few things that make the difference between a chaotic day and a manageable one:

- Confirm all logistics with your movers or helpers the day before — not the morning of
- Designate one person whose only job on moving day is to stay with your parent. Not packing. Not directing movers. Just your parent.
- Pack a cooler with drinks, snacks, and medications. Moving days run long.
- Have a "do not load" area — a designated spot for items that travel with your parent rather than on the truck. Label it clearly.
- Build in breaks. This day is physically and emotionally exhausting for everyone, especially your parent.

*On arrival at the community, let the move-in team lead. Most communities have a process. **Work with it rather than around it.***

### Transition to the New Space

The first few hours in the new room matter more than most families expect. A few things worth doing before you leave that first day:

- Make the bed with familiar linens from home
- Put a few framed photos where your parent can see them
- Set up medications and toiletries in the bathroom
- Identify the call button, the bathroom, and the dining room together before you go

*Leave the room feeling like theirs — not like a hotel.* That first night is the hardest. Familiar objects help.

Plan to visit within the first 48 hours. A short visit is enough. The presence matters more than the length.

### Handling the Home

Once your parent is settled, the family home becomes the next conversation. For many families it is the most consequential decision of the entire transition — financially and emotionally. It deserves its own page. Continue to page 13 →

# Handling the House (Part 1)

## **Before the financial conversation, have the emotional one"**

For many families, the house is the last major decision of the transition and the one most likely to be rushed, oversimplified, or handled without enough information. It is also often the primary source of funding for years of care ahead.

*It deserves more than a quick call to the first agent who answers.*

But before the financial conversation, acknowledge the emotional one. This may be the home where your parent raised children, built a life, and marked the passage of decades. It may be the home where you grew up, where your own memories live in the walls and the backyard and the kitchen. Selling it is a loss. For your parent and often for you.

*That deserves to be named before it's handled.*



## **Have the Family Conversation First**

If there are multiple siblings or family members involved, have the conversation about the home before anyone calls an agent. Disagreements about the family home — what it's worth, what to do with it, who decides — are among the most common sources of family conflict during a senior transition. Getting aligned early prevents those conversations from happening at the worst possible moment.

### **A few questions worth raising together:**

- Does everyone agree on the general direction: sell, hold, or explore options?
- Are there any family members who have strong feelings about the home that haven't been expressed yet?
- Who has the authority to make the final decision — and does everyone understand and accept that?

## **Before You Decide Anything**

Three questions worth answering before any conversation with an agent or financial advisor:

- Does your parent have the legal capacity to participate in the sale, or does the Financial Power of Attorney need to be in place first? This question matters more than most families realize — and it needs an answer before anything moves forward.
- What is the approximate timeline for care costs, and how does the home factor into funding them? If Medicaid may be involved at any point, consult an elder law attorney before the home is sold or transferred. Timing matters legally.
- Is there any unresolved family disagreement about the home? Resolve it before you list it.

# Handling the House (Part 2)

## The timing, the options, and finding the right help

### The Timing Question

There is no universal right answer on when to sell. Some families sell before the move to fund the transition. Some sell after, once the dust has settled. Some hold the property while they assess care costs and family circumstances. What most families don't have is a clear picture of all their options before they decide — and that's where the decision goes wrong.



### The Options Most Families Don't Know Exist

Most families assume the choice is between a traditional listing and a cash sale. Those are the two most visible options — but they are not the only ones. In between are structures most families never consider and most agents never offer. Depending on the family's situation, options can include coordinated bridge arrangements that fund the move before the home sells, leaseback arrangements that allow a senior to remain in the home temporarily after the sale closes, and seller financing structures that create income rather than a lump sum or may even pay out just like a “normal” sale would.

*None of these options are right for every family. But families who don't know they exist can't choose them.*

### What Happens to What's Left in the Home

The contents of the home are a separate decision from the home itself — and one that often gets less attention than it deserves. An estate sale, a buyout service, or a combination of donation and family distribution are all options. A Senior Move Manager can often help coordinate this process alongside the physical move. Whatever the approach, make the plan before the home goes on the market — not after. Certain buyers can even help with moving, storage, sorting and packing help, while other allow you to take what matters and leave the rest.

### Finding the Right Help

The right agent for this moment is not simply someone who sells houses. It is someone who understands the care timeline, the cost pressures, and the emotional weight of selling a home a family has lived in for decades. Ask specifically about experience with senior transitions and/or can provide multiple solutions before you commit to working with anyone.

# Handling the House

## You don't have to figure this out alone

The home has held this family for years — maybe decades. What happens to it next is one of the most significant decisions you'll make during this transition. Not just financially. Emotionally.

You've already done the hard part. You recognized it was time. You made the plan. You supported your parent through the move. The house is the last chapter of this process — and it deserves the same care and intention you've brought to everything else.

**Get the right help. Ask the right questions. And don't rush it.**

If you are in Houston and need help navigating the home alongside this transition, Daniel Stine at MoveMomTX specializes in senior transition sales — cash, traditional, or creative financing. Call or text 281.845.1260 or reach out at [dan@movemomtx.com](mailto:dan@movemomtx.com)



**The house is where the emotional and the practical meet. Give it the attention it deserves — and don't make the decision alone.**

# Your Move Toolkit

## Your Move Toolkit

You don't have to keep everything in your head or figure this out as you go. These tools are designed to give you structure, keep you organized, and help you focus on the right things at the right time—whether your move is happening quickly or over several weeks.

**Use the tool that matches your timeline and situation.**



### Senior Living Essentials List

What to bring to the community. Organized by category. Customize it based on what the community allows



### 2 - 30-Day Moving Checklists

Best for: Fast, urgent moves

- Focuses on essentials
- Keeps you on track when time is limited



### 8-Week Moving Timeline

Best for: More planned transitions

- Step-by-step weekly breakdown
- Helps reduce last-minute stress



### Room-by-Room Inventory Checklist

Best for: Staying organized

- Track what's moving
- Avoid confusion
- Simplify packing



### Decluttering Checklist

Best for: Reducing overwhelm

- Helps decide what stays vs goes
- Keeps the process moving



# Senior Living Essentials List

**Use this checklist to help prepare for the transition to senior living. Customize it to fit your unique situation, preferences, and community.**

**\*\*Once the community is selected, ask the admissions coordinator for their specific list of allowed items — policies vary.**

## Personal Clothing & Accessories

- Comfortable everyday clothes (pants, shirts, sweaters)
- Sleepwear and robe
- Undergarments and socks
- Non-slip shoes and slippers
- Seasonal outerwear (coat, hat, gloves)
- Special occasion outfit
- Favorite blanket or shawl
- Lightweight sweaters or cardigans for layering
- Extra pairs of prescription glasses (backup set)
- Jewelry for daily wear (costume, not valuables)
- Belts or suspenders if needed for comfort

## Personal Care Items

- Toothbrush and toothpaste
- Shampoo and conditioner
- Body wash or soap
- Deodorant
- Razor and shaving cream
- Hairbrush or comb
- Skincare products
- Makeup (if used)
- Eyeglasses and case
- Hearing aids and batteries
- Denture care supplies (cleaner, adhesive, storage cup)
- Incontinence products (pads, briefs)
- Nail care kit (clippers, file)
- Lip balm and lotion for dry skin

## Household & Comfort Items

- Bedspread or comforter from home
- Pillow(s) & Extra Blankets
- Towels and washcloths
- Favorite small furniture piece
- Favorite Framed Photos

## Medications & Health Supplies

- All current prescriptions (clearly labeled)
- Over-the-counter medications (permitted by the community)
- Medical equipment (walker, cane, wheelchair)
- Blood pressure monitor (if needed)
- Extra hearing aid batteries
- List of all medications with dosages
- Pill organizer or dispenser
- Oxygen equipment
- CPAP machine (if applicable)
- Copies of prescriptions in case of pharmacy transfers
- Thermometer

## Legal & Medical Documents

- Copy of Financial Power of Attorney
- Copy of Healthcare Proxy
- Advance directive / DNR order, if applicable
- Medicare and/or Medicaid card
- Supplemental insurance card
- List of all physicians with phone numbers /
- Emergency contact list

Important: Most senior living communities do not insure residents' personal belongings. Before the move, check with your homeowner's or renter's insurance policy to understand coverage during the transition. Consider leaving high-value jewelry and irreplaceable items with a trusted family member.

# 30-Day Senior-Specific Moving Checklist

## A senior-specific timeline for when the move needs to happen now

When time is short, clarity matters most. This checklist is built specifically for senior transitions — not general moving advice, but the tasks that actually matter when a parent is moving to a senior living community within 30 days.

This is a summary list designed for quick reference. The following page contains a day-by-day detailed checklist with additional steps that may or may not apply to your specific situation. Use both together — this page to see the full picture at a glance, the next page when you need more detail on a specific task.

Not every item will apply to every family. Use what fits. Skip what doesn't.

## Summary 30-Day Checklist

- Days 1–3: Confirm move-in date with community / Confirm room assignment and get room dimensions / Review community's move-in policy and allowed items list / Notify primary care physician of upcoming move and request records transfer
- Days 4–7: Complete community admission paperwork / Gather legal documents (POA, healthcare proxy, advance directive) / Contact Medicare, Social Security, and VA (if applicable) with new address
- Days 8–11: Coordinate medication transfer to community pharmacy (or confirm family will manage) / Arrange transportation for moving day / Begin packing essentials using the Assisted Living Essentials List
- Days 12–16: Forward mail / Notify bank and financial institutions of address change / Arrange a family member or Senior Move Manager to be the senior's designated support person on moving day
- Days 17–21: Bring familiar items to the room in advance if the community allows early setup / Confirm moving day logistics with all family members helping
- Days 22–26: Complete packing of essentials / Confirm medication supply is sufficient through the transition period / Prepare first-night bag: medications, comfort items, toiletries
- Days 27–29: Confirm all logistics / Rest / Prepare emotionally — review pages 5–6 of this guide
- Day 30 — Moving Day: Essentials bag travels with the senior, not the moving truck / Designate one family member whose only job is to stay with your parent / Let the community's move-in team lead the setup

## Days 31 and Beyond

The move is complete — but the transition isn't. The weeks that follow moving day are often the most emotionally demanding part of the entire process. A few things to stay on top of:

Continue visiting frequently — short visits matter more than long ones in the first few weeks

Stay in contact with the community's Resident Services team — they are your early warning system if something isn't right

Monitor the adjustment — return to pages 8 and 9 of this guide for what's normal and when to be concerned

Turn your attention to the home — when you're ready, pages 13 through 15 walk you through the decisions ahead

Give yourself grace — the logistics are behind you. The emotional work continues for a while longer. That's normal too.

NOTE: The pages noted may be in part one of this guide you can find at [www.seniormoveroadmap.com](http://www.seniormoveroadmap.com)

# 30 Day Moving Checklist

*Moving is a monumental task. Here's how to spread it out over the course of a month for maximum success.*

*Depending on how much time you have or the priority of getting your parent where they need to be some tasks should be skipped - This list won't make sense for everyone - Use what you can. Don't feel like you have to do everything.*

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|--|---|--|--|
| <input type="checkbox"/> <b>Day 01</b> | Take inventory of everything you'll need to move.   | <input type="checkbox"/> <b>Day 16</b> | Take a(nother) tour of your new place. This can help you determine whether you'll need to do more downsizing.  |
| <input type="checkbox"/> <b>Day 02</b> | Invest in packing supplies, including: boxes, bubble wrap, packing tape, and markers for labeling.  | <input type="checkbox"/> <b>Day 17</b> | Continue packing lesser-used items in your home. Invite a friend over for help.  |
| <input type="checkbox"/> <b>Day 03</b> | Create "to throw away," "to donate," and "to sell" boxes and/or piles.  | <input type="checkbox"/> <b>Day 18</b> | Take care of your yard, day one. Make sure everything is accounted for and straightened up before you leave.   |
| <input type="checkbox"/> <b>Day 04</b> | Make your inaugural trip to the landfill and the donation center.   | <input type="checkbox"/> <b>Day 19</b> | Take care of your yard, day two. Some yards require two days of maintenance.   |
| <input type="checkbox"/> <b>Day 05</b> | Compare moving companies and self-storage facilities.   | <input type="checkbox"/> <b>Day 20</b> | Speak with your landlord about any property services that need to be scheduled before you leave.   |
| <input type="checkbox"/> <b>Day 06</b> | Make your reservations with professional movers and a self-storage facility.  | <input type="checkbox"/> <b>Day 21</b> | Begin a room-by-room packing tour of your house. Start by clearing out foods in your kitchen.  |
| <input type="checkbox"/> <b>Day 07</b> | Gather important documents—like passports, mortgage papers, insurance portfolios, and medical records—and put them in safe place ahead of the move. | <input type="checkbox"/> <b>Day 22</b> | Move to your bathrooms and pack-up toiletries and linens that will not be used before the move.  |
| <input type="checkbox"/> <b>Day 08</b> | Change your address with an official mail forwarding form. Notify banks, insurance companies, and subscription services of your move.               | <input type="checkbox"/> <b>Day 23</b> | Call your movers a week in advance to make sure they are still coming on your scheduled day.   |
| <input type="checkbox"/> <b>Day 09</b> | Start, stop, or transfer your utility services.   | <input type="checkbox"/> <b>Day 24</b> | Tour the remaining rooms in your house and pack up anything that will fit into a box. Leave out electronics and other essential appliances, as you may want to use them. |
| <input type="checkbox"/> <b>Day 10</b> | Notify your friends, family, and neighbors of your move.  | <input type="checkbox"/> <b>Day 25</b> | Begin packing up your bedroom. Start with your closets, dressers, and desks.   |
| <input type="checkbox"/> <b>Day 11</b> | After performing a second round of sorting, take another trip to the landfill and the donation center.  | <input type="checkbox"/> <b>Day 26</b> | Finish packing up your bedroom. Be sure to leave a few clothes and essentials free for the remaining few days.   |
| <input type="checkbox"/> <b>Day 12</b> | Create online listings for items you want to sell.  | <input type="checkbox"/> <b>Day 27</b> | Perform one final day of yardwork or exterior cleaning before vacating your premises. (This is especially important if you're renting.)                                  |
| <input type="checkbox"/> <b>Day 13</b> | Check your prescriptions and make sure you have enough to make it through the move. If not, order more today.                                       | <input type="checkbox"/> <b>Day 28</b> | Vacuum, mop, and wipe down your house. Pack up all electronics.  |
| <input type="checkbox"/> <b>Day 14</b> | Plan your travel route. This is especially important if you're moving cities, flying, or taking multiple days in transit to reach your new home.    | <input type="checkbox"/> <b>Day 29</b> | Check in with your movers one last time and pack a day-of bag.   |
| <input type="checkbox"/> <b>Day 15</b> | You're halfway there. Begin packing lesser-used items in your home, such as fine dishware, seasonal items, and books.                               | <input type="checkbox"/> <b>Day 30</b> | Get to sleep early before the big day.   |